

Approximate Calories Used Per Hour

Activity	205 lb. Person	125 lb. Person
Aerobics – low impact	541	330
Aerobics – water	394	240
Archery – non-hunting	344	210
Baseball – infield or outfield	382	234
Baseball – pitching	488	299
Basketball – moderate	575	352
Basketball – vigorous	807	495
Bicycling – on level surface, 13.0 mph	877	537
Bicycling – on level surface, 5.5 mph	409	251
Bowling	295	180
Canoeing – 4 mph	565	352
Dancing – fast	590	360
Dancing – moderate	341	209
Football – touch, flag, general	787	480
Gardening – general	443	270
Golf – foursome	332	203
Golf – twosome	443	271
Handball – vigorous	1181	720
Horseback Riding – trot	551	338
Horseback Riding – walk	270	165
Martial Arts – judo, karate, kickboxing	984	600
Motorcycling	297	182
Playing with Kids – moderate effort	394	240
Racquetball – general	689	420
Rock Climbing – ascending	1082	660
Rollerblade Skating	689	420
Rowing Machine – vigorous	836	510
Rowing – pleasure	409	251
Running – 12 mph	1606	984
Running – 5.5 mph	887	537

Approximate Calories Used Per Hour

Activity	205 lb. Person	125 lb. Person
Running – 7 mph	1141	669
Running – 9 mph, 2.5% grade	1480	907
Running – 9 mph, 4% grade	1564	959
Running – 9 mph, level	1269	777
Running – in place, 140 count/minute	1993	1222
Skating – moderate	465	285
Skating – vigorous	837	513
Skiing – cross-country, 5 mph	956	586
Skiing – downhill	798	483
Swimming – backstroke, 20 yards/minute	316	194
Swimming – backstroke, 40 yards/minute	682	418
Swimming – breaststroke, 20 yards/minute	392	241
Swimming – breaststroke, 40 yards/minute	786	482
Swimming – butterfly	1082	660
Swimming – crawl, 20 yards/minute	392	241
Swimming – crawl, 50 yards/minute	869	532
Tennis – moderate	565	347
Tennis – vigorous	797	488
Volleyball – moderate	465	285
Volleyball – vigorous	797	489
Walking – 110-120 paces/minute	425	260
Walking – 2 mph	286	176
Walking – 4.5 mph	540	331
Walking – down stairs	544	333
Walking – up stairs	1417	869
Weight Lifting – vigorous	590	360

**You don't have to be “good” at the activity,
just have fun and keep moving!**

*Source: Fitness Partner Connection, 1995-1998,
for more information refer to their website: <http://www.primusweb.com/fitnesspartner>*